

## HIGH SENSITIVITY C-REACTIVE PROTEIN BENEFITS

DLUWLF= Dr. Levine's Ultimate Weight Loss Formula

**Patient #1 (910)** (Both the results for this patient are on one page).

4/6/01 Patient's lab work on NIASPAN 2 GRAMS & LIPITOR 80 MG hs CRP 5.9 quintile 5

12/20/02 Patient's lab work on ADVICOR 2000/40 & DLUWLF hs CRP 0.3 quintile 1

### DISCUSSION:

High sensitivity C-reactive protein levels are a measure of cardiac inflammation and risk of heart disease and plaque rupture. The lowest levels correlate with the lowest risk of cardiovascular disease. This is an independent measure of an individual's risk of heart disease (regardless of the individual's cholesterol levels). The high sensitivity C-reactive protein level test is considered a good test, and produces a high correlation with risk of developing cardiovascular disease. Statin drugs (LIPITOR is the strongest) are known to decrease high sensitivity C-reactive protein levels. This patient was on LIPITOR and had a level associated with a quintile 5, the highest risk of heart disease. The second test shows the patient on ADVICOR which is simply (NIASPAN & MEVACOR together in a pill). The NIASPAN dose is identical, the MEVACOR is much weaker than the LIPITOR. If any change would be expected from the change in medications, it would have been an even higher high sensitivity C-reactive protein level (higher risk of heart disease) **due to the fact MEVACOR is a weaker statin than LIPITOR.** The spectacular improvement in high sensitivity C-reactive protein level on the second test **can only be attributed to the patient using DLUWLF. This shows that DLUWLF has taken the patient from the highest risk of heart disease to the lowest risk.**

### Patient #2 (1805)

5/04/01 On LIPITOR 10 mg and NIASPAN 1g : hs-CRP 3.6 mg/l = Q4

**Started DLUWF after this date.**

12/06/01 On LIPITOR 10 mg and NIASPAN 2g , DLUWLF : hs-CRP 1.2 mg/l = Q3

2/27/02 On LIPITOR 10 mg and NIASPAN 1.5g , DLUWLF : hs-CRP 0.5 mg/l = Q1

10/30/02 (off LIPITOR) on NIASPAN 1g and DLUWLF : hs-CRP 0.3 mg/l = Q1

**DISCUSSION:**

This shows the progressive improvement from a high risk hs-CRP level of **Q4 down to a Q1** (**lowest risk of cardiovascular disease**). Note that the patient has remained quintile 1 on the labs repeated 7 months after achieving the quintile 1 and that the actual level has decreased even further from 0.5-0.3 mg/l. Note that LIPITOR, a statin, should lower hs-CRP and it was stopped prior to 10/30/02, the best hs-CRP being on DLUWLF **without LIPITOR**. **NIASPAN has no known effect on hs-CRP.**

**Patient # 3 (1913)**

11/19/01 baseline hs-CRP on no medications: hs-CRP 2.4 mg/l = Q4

Note: Patient began DLUWLF after this visit.

Note: Patient began ZOCOR 10-20mg (low dose) one month prior to 11/04/02 due to immobility from knee surgery

11/04/02 Patient on (ZOCOR 10-20mg) & DLUWLF : hs-CRP 0.6 mg/l = Q1

**DISCUSSION:**

This patient went from a Q4 second highest risk category for heart disease down to the lowest risk Q1. Patient was taking DLUWLF for a year. Applicant has not seen statin drugs (ZOCOR) cause this dramatic drop in hs-CRP even though they can improve hs-CRP. The patient only had 1 month of the lowest dose of ZOCOR, and any drop in hs-CRP from this dose and time period would be expected to be small.

**Patient # 4 (928)**

11/08/02 Patient on DLUWLF for 3 months : hs-CRP 3.7 mg/l = Q4

4/02/03 on DLUWLF hs-CRP 0.9 mg/l = Q2

**DISCUSSION:**

This shows the progressive improvement from a high risk hs-CRP level of **Q4 (almost a Q5) down to a Q2 ( a much lower risk of cardiovascular disease)**. The patient is not on any statin.

He achieved the improvement on DLUWLF. Note that the patient is only 0.3mg/l away from the 0.6mg/l level that marks the high range of the Q1 range that confers the lowest risk of cardiovascular disease. Note that the measured level went from 3.7 mg/l to 0.9 mg/l a drop of 2.6mg/l. Patient was nearly Q5 with a level of 3.7mg/l as 3.9 mg/l and above is a Q5 (highest risk of heart disease).

 Quest  
Diagnostics

E4

## LABORATORY REPORT

Patient Name: L. [REDACTED]	Patient ID/Hospital ID: 910	Room No.:	Age: 43	Sex: M	Physician: LEVINE, SCOTT	
Page 1	Requisition No. 7158211	Accession No. TP811800H	Lab Ref No. 7158211	Collection Date & Time: 04/06/2001 09:27	Log-in Date: 04/06/2001	Report Date & Time: 04/10/2001 10:00

SS#: 123456789 650

Report Status	FINAL	Test	Result In Range Cut off Range	Units	Reference Range	Site Code
CARDIO: CRP RISK			5.9 H	MG/L (CALC)	<2.0	TP
Quintile 5	Highest Risk	Range 3.9-15.0 mg/L				
This result is associated with the highest risk of coronary heart disease.						

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07-363-1513



## **LABORATORY REPORT**

Patient Name LEVINE, SCOTT	Patient ID/Hospital ID 910	Room No.	Age 45	Sex M	Physician LEVINE, SCOTT	
Page 2	Requisition No. 7159735	Accession No. TP040003R	Lab Ref No. 7159735	Collection Date & Time 12/20/2002 11:25	Log-in Date 12/20/2002	Report Date & Time 12/22/2002 05:00

### Remarks

SS#: ~~XXXXXXXXXX~~ 30

Report Status	FINAL	Test	Result In Range    Out of Range	Units	Reference Range	Site Code
<b>CBC (INCLUDES DIFF/PLT) (CONTINUED)</b>						
CARDIO CRP INTERPRETATION			0.3	MG/L (CALC)	SEE BELOW	TP
CARDIOVASCULAR RISK			1.4	Rel.Risk	CRP 0.1	
The Relative Risk of 1.4 for cardiovascular disease is based on both Cardio CRP and Total Cholesterol/HDL Cholesterol results. Individuals with the lowest risk have a relative risk of 1.0. Other risk factors include age, gender, blood pressure, smoking and diabetes.						
This patient's Cardio CRP result alone is associated with the Lowest Risk of cardiovascular disease. This patient's Total Cholesterol / HDL Cholesterol ratio alone is associated with a Low Risk of cardiovascular disease. These risk estimates are based on population studies of adults 20 years and older.					Adviscor 1000/2011	

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7350 SANDLAKE COMMONS BLV.

ORLANDO FL 32819-



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## LABORATORY REPORT

Patient Name: D [REDACTED]		Patient ID/Hospital ID: 1805	Room No.:	Age: 33	Sex: M	Physician: LEVINE, SCOTT
Page 1	Requisition No. 7158300	Accession No. TP230533T	Lab Ref No. 7158300	Collection Date & Time: 05/04/2001 09:40	Log-in Date: 05/04/2001	Report Date & Time: 05/08/2001 06:00
Remarks						

SS#:

Report Status	FINAL	Test	Result In Range    Out of Range	Units	Reference Range	Site Code
CARDIO CRP			3.6 H	MG/L (CALC)	<2.0	TP
RISK			Quintile 4      High Risk      Range 2.0-3.8 mg/L			
			This result is associated with a high risk of coronary heart disease.			
			Range for Quintile 1      Lowest Risk			
			Cardio CRP      <0.7 mg/L			

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## LABORATORY REPORT

Patient Name: D [REDACTED]		Patient ID/Hospital ID: 1805	Room No.:	Age: 34	Sex: M	Physician: LEVINE, SCOTT
Page: 1	Requisition No.: 7158916	Accession No.: TP306943L	Lab Ref No.: 7158916	Collection Date & Time: 12/05/2001 10:07	Log-In Date: 12/05/2001	Report Date & Time: 12/06/2001 06:00
Remarks:						

SS#:

Report Status	FINAL	Test	Result In Range      Out of Range	Units	Reference Range	Site Code
<b>COMPREHENSIVE METABOLIC PANEL</b>						
GLUCOSE			80	MG/DL	65-109	TP
UREA NITROGEN (BUN)			13	FASTING REFERENCE INTERVAL		
CREATININE			1.1	MG/DL	7-25	
BUN/CREATININE RATIO			12	MG/DL	0.5-1.4	
SODIUM			141	(CALC)	6-25	
POTASSIUM			4.3	MMOL/L	135-146	
CHLORIDE			104	MMOL/L	3.5-5.3	
CARBON DIOXIDE			22	MMOL/L	98-110	
CALCIUM			9.4	MMOL/L	21-33	
PROTEIN, TOTAL			6.6	MG/DL	8.5-10.4	
ALBUMIN			4.4	G/DL	6.0-8.3	
GLOBULIN			2.2	G/DL	3.7-5.1	
ALBUMIN/GLOBULIN RATIO			2.0	G/DL (CALC)	2.2-4.2	
BILIRUBIN, TOTAL			0.8	(CALC)	0.8-2.0	
ALKALINE PHOSPHATASE			94	MG/DL	0.2-1.5	
AST			26	U/L	20-125	
ALT			21	U/L	2-50	
U/L				U/L	2-60	
<b>CBC (INCLUDES DIFF/PLT)</b>						
WHITE BLOOD CELL COUNT			6.7	THOUS/MCL	3.8-10.8	TP
RED BLOOD CELL COUNT			5.13	MILL/MCL	4.20-5.80	
HEMOGLOBIN			16.2	G/DL	13.2-17.1	
HEMATOCRIT			48.6	%	38.5-50.0	
MCV			94.7	FL	80.0-100.0	
MCH			31.6	PG	27.0-33.0	
MCHC			33.3	G/DL	32.0-36.0	
RDW			12.9	%	11.0-15.0	
PLATELET COUNT			181	THOUS/MCL	140-400	
ABSOLUTE NEUTROPHILS			4228	CELLS/MCL	1500-7800	
ABSOLUTE LYMPHOCYTES			1682	CELLS/MCL	850-3900	
ABSOLUTE MONOCYTES			449	CELLS/MCL	200-950	
ABSOLUTE EOSINOPHILS			302	CELLS/MCL	50-550	
ABSOLUTE BASOPHILS			40	CELLS/MCL	0-200	
NEUTROPHILS			63.1	%		
LYMPHOCYTES			25.1	%		
MONOCYTES			6.7	%		
EOSINOPHILS			4.5	%		
BASOPHILS			0.6	%		
CARDIO CRP RISK			1.2	MG/L (CALC)	<2.0	TP

CARDIO CRP (CONTINUED)

Quintile 3      Moderate Risk      Range 1.2-1.9 mg/L

This result is associated with a moderate risk of coronary heart disease.

Range for Quintile 1      Lowest Risk

Cardio CRP      &lt;0.7 mg/L

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## LABORATORY REPORT

Patient Name <b>D [REDACTED]</b>	Patient ID/Hospital ID <b>1805</b>	Room No.	Age <b>34</b>	Sex <b>M</b>	Physician <b>LEVINE, SCOTT</b>	
Page <b>2</b>	Requisition No. <b>7159103</b>	Accession No. <b>TP508840M</b>	Lab Ref No. <b>7159103</b>	Collection Date & Time <b>02/27/2002 09:25</b>	Log-in Date <b>02/27/2002</b>	Report Date & Time <b>02/28/2002 14:00</b>
Remarks						

SS#:

Report Status	FINAL	Test	Result In Range    Out of Range	Units	Reference Range	Site Code
CARDIO CRP (CONTINUED)						
CARDIO CRP						
RISK			0.5	MG/L (CALC)	<2.0	TP
Cardio CRP:						
Quintile 1		Lowest Risk	Range <0.7 mg/L			
TC/HDL-C Ratio:						
Quintile 1		Lowest Risk	Range <3.34			
RELATIVE RISK						
Based on Cardio CRP and Total Cholesterol/HDL-C stratification, the relative risk for a cardiovascular event is equivalent to that of individuals in the lowest risk quintiles for both of these tests.						

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## LABORATORY REPORT

Patient Name D. K.	Patient I/O/Hospital ID: 1805	Room No.	Age: 35	Sex: M	Physician: LEVINE, SCOTT	
Page 2	Requisition No. 7159591	Accession No. TP269932Q	Lab Ref No. 7159591	Collection Date & Time 10/30/2002 09:15	Log-in Date 10/30/2002	Report Date & Time 10/31/2002 10:00

### **Remarks**

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Report Status	FINAL	Test	Result In Range    Out of Range	Units	Reference Range	Site Code
<u>CBC (INCLUDES DIFF/PLT) (CONTINUED)</u>						
CARDIO CRP INTERPRETATION			0.3	MG/L (CALC)	SEE BELOW	TP
CARDIOVASCULAR RISK			1.0	Rel.Risk		
The Relative Risk of 1.0 for cardiovascular disease is based on both Cardio CRP and Total Cholesterol/HDL Cholesterol results. Individuals with the lowest risk have a relative risk of 1.0. Other risk factors include age, gender, blood pressure, smoking and diabetes.						
This patient's Cardio CRP result alone is associated with the Lowest Risk of cardiovascular disease. This patient's Total Cholesterol/HDL Cholesterol ratio alone is associated with the Lowest Risk of cardiovascular disease. These risk estimates are based on population studies of adults 20 years and older.						

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## LABORATORY REPORT

Patient Name D. [REDACTED]	Patient ID/Hospital ID 1913	Room No.	Age: 49	Sex: M	Physician: LEVINE, SCOTT
Page: 1 Requisition No.: 7158878 Accession No.: TP082030L	Lab Ref No.: 7158878	Collection Date & Time: 11/19/2001 12:27	Log-in Date: 11/19/2001	Report Date & Time: 11/21/2001 05:00	
Remarks:					

SS#:

Report Status	FINAL	Test	Result In Range Cut of Range	Units	Reference Range	Site Code
<b>COMPREHENSIVE METABOLIC PANEL</b>						
<b>GLUCOSE</b> 76						



## LABORATORY REPORT

Patient Name D. [REDACTED]	Patient ID/Hospital ID 1913	Room No.	Age: 49	Sex: M	Physician: LEVINE, SCOTT
Page: 2 Requisition No.: 7158878 Accession No.: TP082030L	Lab Ref No.: 7158878	Collection Date & Time: 11/19/2001 12:27	Log-in Date: 11/19/2001	Report Date & Time: 11/21/2001 05:00	
Remarks:					

SS#:

Report Status	FINAL	Test	Result In Range Cut of Range	Units	Reference Range	Site Code
<b>CARDIO CRP (CONTINUED)</b>						

Quintile 4 High Risk Range 2.0-3.8 mg/L

This result is associated with a high risk of coronary heart disease.

Range for Quintile 1 Lowest Risk

Cardio CRP &lt;0.7 mg/L

QY

2.4 H

MG/L  
(CALC)

&lt;2.0

TP

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CARDIO CRP RISK

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LEVINE, SCOTT  
7350 SANDLAKE COMMONS BLV

ORLANDO, FL 32819-



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## LABORATORY REPORT

Patient Name:	Patient ID/Hospital ID	Room No.	Age	Sex	Physician:	
D [REDACTED] M	1913		50	M	LEVINE, SCOTT	
Page	Requisition No.	Accession No.	Lab Ref No.	Collection Date & Time	Log-in Date	Report Date & Time
2	7159606	TP3320700	7159606	11/04/2002 09:13	11/04/2002	11/05/2002 06:00

Remarks

SS#:

Report Status	FINAL	Test	Result In Range      Out of Range	Units	Reference Range	Site Code
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CBC (INCLUDES DIFF/PLT) (CONTINUED)CARDIO CRP  
INTERPRETATION

0.6

Q1

MG/L  
(CALC)

SEE BELOW

TP

## CARDIOVASCULAR RISK

1.4

Rel.Risk

The Relative Risk of 1.4 for cardiovascular disease is based on both Cardio CRP and Total Cholesterol/HDL Cholesterol results. Individuals with the lowest risk have a relative risk of 1.0. Other risk factors include age, gender, blood pressure, smoking and diabetes.

This patient's Cardio CRP result alone is associated with the Lowest Risk of cardiovascular disease. This patient's Total Cholesterol / HDL Cholesterol ratio alone is associated with a Low Risk of cardiovascular disease. These risk estimates are based on population studies of adults 20 years and older.

'TP' Indicates testing site: QUEST DIAGNOSTICS-TAMPA  
4225 E. FOWLER AVE  
TAMPA FL 33617  
(813) 972-7100

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Remained  
Q1

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7350 SANILAKE COMMONS BLV.

ORLANDO FL 32819-



## LABORATORY REPORT

Patient Name:

HAROLD LEVINE

Patient ID/Hospital ID

928

Room No.

44

Age

M

Sex

Physician

LEVINE, SCOTT

Page Requisition No.

1 7159621

Accession No.

TP421540Q

Lab Ref. No.

7159621

Collection Date &amp; Time

11/08/2002 11:36

Log-in Date

11/08/2002

Report Date &amp; Time

11/12/2002 06:00

Remarks

SS#: 46-0000075

Report Status	FINAL	Test	Result In Range    Out of Range	Units	Reference Range	Site Code
<b>PATIENT DATE OF BIRTH: 07/30/1958</b>						
LIPOPROTEIN (a)			12	MG/DL		EZ
CARDIO CRP INTERPRETATION	(Q4)		3.7	MG/L (CALC)	SEE BELOW	TP

This Cardio CRP result is between 2.0-3.8 mg/L. This range is associated with a High risk of cardiovascular disease. The range associated with the Lowest Risk of cardiovascular disease is 0-0.6 mg/L.

'EZ' Indicates testing site: QUEST DIAGNOSTICS - NICHOLS INSTITUTE  
33608 ORTEGA HWY  
SAN JUAN CAPISTRAN CA 92690  
(800) 553-5445

'TP' Indicates testing site: DA FISHER MD; RE REITZ MD  
QUEST DIAGNOSTICS-TAMPA  
4225 E. FOWLER AVE  
TAMPA FL 33617  
(813) 972-7100

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LEVINE, SCOTT

7350 SANDLAKE COMMONS BLV

ORLANDO FL 32819-



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## LABORATORY REPORT

Patient Name:	Patient ID/Hospital ID	Room No.	Age	Sex	Physician	
HUMMEL, S	928		44	M	LEVINE, SCOTT	
Page	Requisition No.	Accession No.	Lab Ref No.	Collection Date & Time	Log-in Date	Report Date & Time
2	7159947	TP524648S	7159947	03/31/2003 11:54	03/31/2003	04/02/2003 06:00
Remarks						

SS#:

Report Status	FINAL	Test	Result In Range    Out of Range	Units	Reference Range	Site Code
<u>CBC (INCLUDES DIFF/PLT) (CONTINUED)</u>						
CARDIO CRP		Q2	0.9	MG/L	SEE BELOW	TP
EFFECTIVE APRIL 14, 2003, CARDIO CRP WILL BE REPORTED IN ACCORDANCE WITH THE NEW AMERICAN HEART ASSOCIATION/CENTER FOR DISEASE CONTROL AND PREVENTION GUIDELINES PUBLISHED IN THE JANUARY 28, 2003, ISSUE OF CIRCULATION (2003:107:499-511).						
INTERPRETATION			(CALC)			
CARDIOVASCULAR RISK		1.7	Rel.Risk			
The Relative Risk of 1.7 for cardiovascular disease is based on both Cardio CRP and Total Cholesterol/HDL Cholesterol results. Individuals with the lowest risk have a relative risk of 1.0. Other risk factors include age, gender, blood pressure, smoking and diabetes.						
This patient's Cardio CRP result alone is associated with a Low Risk of cardiovascular disease. This patient's Total Cholesterol/HDL Cholesterol ratio alone is associated with a Low Risk of cardiovascular disease. These risk estimates are based on population studies of adults 20 years and older.						
HEMOGLOBIN A1c		5.3	% TOTAL HGB NON-DIABETIC: <6.0%			TP

'TP' Indicates testing site: QUEST DIAGNOSTICS-TAMPA  
 4225 E. FOWLER AVE  
 TAMPA FL 33617  
 (813) 972-7100

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